Blended Intensive Program

Important note:

Students interested in this program have to apply to their home university according to the internal procedure.
Student applications made directly to the hosting institution will not be considered.

General information

Course Title	Circadian Rhythm
Coordinating institution	University of Split School of Medicine ERASMUS+ Code: HR SPLIT01
Partner institutions	University of Cadiz University of Gdansk
BIP Code	2024-1-HR01-KA131-HED-000206905-4
Abstract: (a few lines describing the course that SEA-EU partners can use for dissemination)	The programme is developed from the Circadian Rhythm Summer School (CRSS) at the University of Split School of Medicine and provides international, multidisciplinary training in circadian rhythm and sleep medicine. It combines theoretical modules and practical education in a modern learning environment, supported by the Moodle e-learning platform and aligned with current scientific research. The programme enhances student mobility and is fully integrated into the European Credit Transfer and Accumulation System (ECTS). CRSS is delivered in accordance with European standards and ESRS guidelines, based on evidence-based medicine and expert consensus, ensuring high scientific quality and alignment with contemporary European practice.
Erasmus+ priorities addressed (*choose from the list*)	- Digital transformation
Calendar	• Nomination deadline: **10/02/2026** • Confirmation of acceptance: **16/02/2026** • Virtual component date: **09/03/2026 and during the physical part** • Dates of on-site/physical component: **16/03/2026-20/03/2026**
Teachers in charge	University of Split, School of Medicine • Prof. Zoran Đogaš, PhD – Course Coordinator • Prof. Renata Pecotić • Prof. Maja Valić • Prof. Ivana Pavlinac Dodig
Number of participants	The minimum number of participants is 10, maximum is 20.

Mobility costs	This mobility is eligible for the Erasmus+ Student Short-Term Mobility and Staff Mobility for Training grant. Please contact home university for further information on internal application procedures.
City and country of the physical mobility	Split, Croatia
Contact	Regarding organisational and pedagogical aspects: erasmus@unist.hr and abuzov@mefst.hr (both addresses) Responsible person for signing the OLA: abuzov@mefst.hr

Pedagogical content

Target group (students and/or staff) Expected learner profile Level of study (for students)	Medical students and students of related health sciences; Medical Doctors (MD); Doctors of Dental Medicine (DMD); Masters of Pharmacy (MPharm); Masters of Nursing (MSN); Masters of Psychology; and other related health professions.
Requirements Academic background Field of education	• English language proficiency (B2 level or higher) • Interest in circadian rhythm, sleep medicine, sleep disorders, digital health, or social innovation
Learning objectives	The objectives are to teach the students about: • basics of chronobiology and circadian rhythms in humans and animals, as well as to give an overview of neuroscience and sleep medicine history and development, with an emphasis on the most important discoveries. • molecular and cellular mechanisms of circadian rhythms and sleep regulation, as well as to demonstrate measuring sleep and circadian rhythmicity. • impact of circadian modulation of hormone secretion, metabolism and circadian rhythms in metabolic disorders. • classification, epidemiology, pathophysiology, clinical picture and diagnosis of circadian rhythm sleep disorders. • treatment of circadian rhythm disorders, role of melatonin, and circadian dysregulation and chronotherapy in psychiatric disorders.
Learning methods and outcomes	**Learning methods** Lectures, Seminars, Exercises, Field work **Learning outcomes** • Describe, identify and explain neurophysiology and neurobiology of sleep and wakefulness. • Analyze and incorporate control mechanisms responsible for the regulation of sleep and wakefulness. • Specify and describe the changes that occur in different systems (cardiovascular, respiratory, gastrointestinal and endocrine system) during sleep and wakefulness. • Identify, describe and explain circadian rhythm sleep disorders. • Name, explain, apply and critically judge diagnostic procedures such as questionnaires, polysomnography, multiple sleep latency test, maintenance of

	wakefulness test, reaction time tests and actigraphy in assessment of sleep disorders. • Analyze, relate and discuss the pathophysiological mechanisms of circadian rhythm sleep disorders and the relationship with clinical symptoms and possible comorbidities. • Name, discuss and evaluate the diagnostic and therapeutic procedures used in the diagnosis and treatment of circadian rhythm sleep disorders. • Critically judge educational materials, participate in argumentative discussion and construct opinions. • Apply the knowledge and demonstrate the skills in applying human bioelectrical recordings (EEG, EMG, EOG) and their interpretation.
Any required material/software to take part in the course	**Required material/software** • Laptop (fully charged) with webcam & mic + charger. • Office tools: Excel or Google Sheets; PowerPoint or Google Slides; PDF reader. • Browser: Chrome/Firefox updated; stable Wi-Fi access enabled. • Collab tools: Access to home/SEA-EU university Google/Microsoft account (Drive, Forms).
Number of ECTS	3 ECTS credits
Total number of hours (workload)	80
Evaluation	• Course attendance • Seminar essay
Transcript of records will be issued	Yes
Language of the course	English
Contact person in charge of signing the OLA	Andrea Buzov, Erasmus coordinator, School of Medicine abuzov@mefst.hr

Structure of the course

Physical component dates	Start date: 16/03/2026	End date: 20/03/2026

Description of the physical component (please include any relevant information for the applicants)	**Monday (1st day)** Introduction to circadian rhythm **Tuesday (2nd day)** Circadian rhythm and sleep **Wednesday (3rd day)** Neuroendocrinology of circadian rhythm sleep disorders **Thursday (4th day)** Circadian rhythm sleep disorders: diagnostic **Friday (5th day)** Circadian rhythm sleep disorders: treatment	
Virtual component dates	Start date: 09/03/2026	End date: 20/03/2026
Description of the virtual component (please include any relevant information for the applicants)	Total duration of the virtual component is 25 hours. *Virtual Component prior the physical part*: 1. Introduction and overview of the programme 2. Introduction to circadian rhythm and sleep 3. Circadian rhythm and sleep *Virtual Component during the physical part*: Neuroendocrinology of circadian rhythm sleep disorders Circadian rhythm sleep disorders: diagnostic Circadian rhythm sleep disorders: treatment	

Practical information

Venue address	School of Medicine, Building B Soltanska 2a 21000 Split
Accommodation recommendations	Being a well-known tourist destination, Split offers a wide range of private accommodation on Booking.com or Airbnb. You can decide if you would like to be accommodated closer to the city centre or to the campus, either way, Split is walkable and most locations are within 30 mins walking distance.
Any tips?	There are three main local transport options: 1. Public bus network: the local company Promet Split runs city-buses from 05:00 until midnight, every 15–30 minutes within the city area. Tickets can be purchased online registering at: https://moj.promet-split.hr/ . Ticket prices are on board 2 € or in ticket office/online: 1 €. 2. Ride-sharing/taxis (e.g., Uber or Bolt): offering convenient point-to-point travel, especially useful outside the bus network or late at night. 3. Bike share/rental system: offering renting either standard or electric bikes through the system Nextbike. Tariffs are 0.66 € for 30 min on a regular bike and 1.33 € for 30 min on an e-bike. Registration is done via their app “nextbike“ or on the website www.nextbike.hr .